

SPORTS, FITNESS AND WELLNESS

THERAPEUTIC YOGA (Adults)

Experience the health benefits of yoga! Body movement/stretching, breathing practices, and visualization integrated together produce relaxation and an overall sense of well being. This is an ongoing activity associated with the Yogic Sciences Research Foundation and is a drop-in program; pay at the door, no registration necessary. Instructor: Pete Bernardo/Ania Kwaitkowski, Rose Cross, Rob Eschbach. No class 4/10, 5/25, 7/3.

4/6-5/18	Mon	5:30-6:30 pm	\$1/at the door Foster
4/2-9/24	Thu	6-7 pm	\$1/at the door Foster
4/3-5/29	Fri	6-7 pm	\$1/at the door Foster
4/3-9/25	Fri	10-11 am	\$1/at the door Foster
5/26-9/8	Tue	5:30-6:30 pm	\$1/at the door Foster
9/14-9/28	Mon	5:30-6:30 pm	\$1/at the door Foster

TAI CHI FOR STRESS BUSTING (Adults)

Use these calming, fluid, non-impact movements of this gentle exercise to reduce tension and stress. Improve fitness, flexibility, posture and balance; suitable for nearly everyone, even those with arthritis. Instructor: Debra Brown. 8 sessions.

Activity #313280A	\$25/Res; \$37/Non-Res
4/16-6/4 Thu	6:15-7:15 pm Gier

Tennis

TENNIS FOR TOTS (Ages 3-4)

Introduction to tennis through the Quick Start format; the Quick Start format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately. Instructor: Court One North. 6 sessions.

Activity #313171A	\$26/Res; \$35/Non-Res
4/14-5/19 Tue	4:30-5 pm Court One North
Activity #313171B	\$26/Res; \$35/Non-Res
4/18-5/23 Sat	11-11:30 am Court One North

YOUNG STARS TENNIS (Ages 5-7)

Introduction to tennis through the Quick Start format; the Quick Start format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately. Instructor: Court One Professional. 6 sessions.

Activity #313172A	\$26/Res; \$35/Non-Res
4/14-5/19 Tue	5-5:30 pm Court One North
Activity #313172B	\$26/Res; \$35/Non-Res
4/18-5/23 Sat	11:30 am-12 pm Court One North

LOCAL EXCELLENCE TRAINING (High School)

This tennis program is designed for local high school students looking to better their game through match play, match strategy, drill sessions and conditioning. Students should have had previous experience in high school tennis or competitive play. Placement in this level will be determined on the first day of class by the instructor. This program is in cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructor: Court One Professional. 8 sessions. No class 4/11.

Activity #313173A	\$35/Res; \$45/Non-Res
3/14-5/9 Sat	12-2 pm Court One North

NATIONAL JUNIOR TENNIS LEAGUE (Ages 8-18)

The U.S. Tennis Association/National Junior Tennis League of Lansing (NJTL) is a tennis development program open to youth. Practices/matches will focus on development and competition of the beginner and intermediate player starting with the new Quick Start Tennis approach. In cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructors: Court One. 8 sessions. No class 4/10 or 4/11.

Activity #313174A (Ages 13-18)	\$35/Res; \$45/Non-Res
3/14-5/9 Sat	12-2 pm Court One North
Activity #313174B (Ages 8-12)	\$35/Res; \$45/Non-Res
3/13-5/8 Fri	6-8 pm Court One North

TENNIS LESSONS (Adults)

Practices/matches will focus on development and competition of the beginner and intermediate player starting with the new Quick Start Tennis approach. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately. Instructors: Court One. 6 sessions. No class 4/7.

Activity #313175A	\$62/Res; \$71/Non-Res
3/24-5/5 Tue	5:30-6:30 pm Court One North



Summer Tennis

Both the Local Excellence Training and NJTL summer program will have leadership speakers each week that will reinforce leadership, team building and problem solving skills. Participants will also enjoy field trips that may include The Kalamazoo Air Zoo, Detroit Science Center, Binder Park Zoo, The Global Village, and the Lansing Lugnuts at Oldsmobile Park. A trip to the Boys 16s and 18s National Tennis Tournament in Kalamazoo will be an additional highlight at the end of the summer. An end of year awards picnic along with a t-shirt for each participant round out the activities. These programs are provided and staffed by Todd Martin Development Fund.

LOCAL EXCELLENCE TRAINING (High School)

This tennis program is designed for local high school students looking not only to better their game, but gain valuable leadership, team building, and problem solving skills. Participants should have had previous experience in tennis instruction or competitive play. 4 week sessions. Level to be determined on first day of class. No class 7/6-7/10

Activity #413173A	\$30/Res; \$35/Non-Res
6/8-7/3 Mon-Fri	12-2 pm Lansing Catholic Central
Activity #413173B	\$30/Res; \$35/Non-Res
7/13-8/7 Mon-Fri	12-2 pm Lansing Catholic Central

NATIONAL JUNIOR TENNIS LEAGUE (Ages 8-18)

The U.S. Tennis Association/National Junior Tennis League of Lansing (NJTL) is a tennis development program open to youth, ages 8-18. Instruction and practice matches will focus on development and competition of the beginner and intermediate player. 4 week sessions. No class 7/6-7/10.

SESSION 1:

June 8-July 3 Mon-Fri Fee: \$25/Res; \$30/Non-Res

Activity #	Ages	Times	Locations
413174A	8-12	9-11 am	Letts Courts
413174B	13-18	12-2 pm	Letts Courts
413174C	8-12	9-11 am	Eastern Courts
413174D	13-18	12-2 pm	Eastern Courts
413174E	8-12	9-11 am	Wainwright Elementary
413174F	13-18	12-2 pm	Wainwright Elementary

SESSION 2:

July 13-August 7 Mon-Fri Fee: \$25/Res; \$30/Non-Res

Activity #	Ages	Times	Locations
413174AA	8-12	9-11 am	Letts Courts
413174BB	13-18	12-2 pm	Letts Courts
413174CC	8-12	9-11 am	Eastern Courts
413174DD	13-18	12-2 pm	Eastern Courts
413174EE	8-12	9-11 am	Wainwright Elementary
413174FF	13-18	12-2 pm	Wainwright Elementary